

Smith Senior Center — AUGUST 2013

Sunday			Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<u>A.H.O.Y.</u>														
Smith Senior Center	M, W, Th, S W	9:15 am 5:30 pm							1 8:15 Water Aerobics* Pool 8:30 Fitness Members Class Rm 2 9:15 AHOY Gym 9:45 Senior Swim Pool 11:00 Water Aerobics* Pool 2:00 Senior Swim Pool 5:45 Water Fitness Class* Pool 7:15 Kung Fu* Rm 2		2 9:15 AHOY Gym 9:15 Chair Yoga* Rm 1 10:00 Bocce/Horseshoes Outside 10:00 Shuffleboard/Cornhole Gym 10:00 Water Arthritis Class* Pool 2:00 Swim Class - Beg.* Pool 3:00 Swim Class - Adv.* Pool 5:00 Table Tennis Gym		3 9:00 Fitness Members Class Rm 2 9:15 AHOY Gym 9:15 Water Zumba Pool 10:15 Fitness Swim Pool	
Lewis Center	M, W, F	9:15 am												
Leonard Center	M, W, F	10:30 am												
Lindley Center	M, Tu, Th	2:15 pm												
Brown Center	Tu, Th	9:15 am												
Peeler Center	Tu, Th	10:30 am												
4 Enjoy coffee in the Lounge Monday - Friday 9 am - 12 noon			5 8:15 Water Aerobics* Pool 8:30 Fitness Members Class Rm 2 9:15 AHOY Gym 10:00 Water Arthritis Class* Pool 10:00 Honey Bee Helpers Rm 1 10:00 Pickleball Rm 2 2:00 Senior Swim Pool 5:00 Water Aerobics* Pool 5:00 T.O.P.S. Meeting Rm 1 6:15 Beginner Zumba! Gym		6 8:15 Water Aerobics* Pool 9:00 S.M.A.C. Rm 2 9:45 Senior Swim Pool 11:00 Water Aerobics* Pool 2:00 Senior Swim Pool 5:30 Fitness Members Class Rm 2 5:45 Water Fitness Class* Pool 6:30 Line Dance Class - Beg. Gym 7:15 Kung Fu* Rm 2 7:40 Line Dance - Adv. Gym		7 8:15 Water Aerobics* Pool 8:30 Fitness Members Class Rm 2 9:15 AHOY Gym 10:00 Water Arthritis Class* Pool 10:00 Table Tennis Rm 2 2:00 Senior Swim Pool 5:00 Water Aerobics* Pool 5:30 AHOY Boot Camp Gym		8 8:15 Water Aerobics* Pool 8:30 Fitness Members Class Rm 2 9:15 AHOY Gym 9:45 Senior Swim Pool 11:00 Water Aerobics* Pool 2:00 Senior Swim Pool 5:45 Water Fitness Class* Pool 7:15 Kung Fu* Rm 2		9 9:15 AHOY Gym 9:15 Chair Yoga* Rm 1 10:00 Bocce/Horseshoes Outside 10:00 Shuffleboard/Cornhole Gym 10:00 Water Arthritis Class* Pool 2:00 Swim Class - Beg.* Pool 3:00 Swim Class - Adv.* Pool 5:00 Table Tennis Gym		10 9:00 Fitness Members Class Rm 2 9:15 AHOY Gym 9:15 Water Zumba Pool 10:15 Fitness Swim Pool 8:00 Greensboro Social Dance — Lewis Center	
11 *Registration required			12 8:15 Water Aerobics* Pool 8:30 Fitness Members Class Rm 2 9:15 AHOY Gym 10:00 Water Arthritis Class* Pool 10:00 Honey Bee Helpers Rm 1 10:00 Pickleball Rm 2 2:00 Senior Swim Pool 5:00 Water Aerobics* Pool 5:00 T.O.P.S. Meeting Rm 1 6:15 Beginner Zumba! Gym		13 8:15 Water Aerobics* Pool 9:00 S.M.A.C. Rm 2 9:45 Senior Swim Pool 11:00 Water Aerobics* Pool 11:45 Lunch Bunch Cracker Barrel 2:00 Senior Swim Pool 5:30 Fitness Members Class Rm 2 5:45 Water Fitness Class* Pool 6:30 Line Dance Class - Beg. Gym 7:15 Kung Fu* Rm 2 7:40 Line Dance - Adv. Gym		14 8:15 Water Aerobics* Pool 8:30 Fitness Members Class Rm 2 9:15 AHOY Gym 10:00 Genealogy Workshop Rm 1 10:00 Water Arthritis Class* Pool 10:00 Table Tennis Rm 2 2:00 Senior Swim Pool 5:00 Water Aerobics* Pool 5:30 AHOY Boot Camp Gym		15 8:15 Water Aerobics* Pool 8:30 Fitness Members Class Rm 2 9:15 AHOY Gym 9:45 Senior Swim Pool 11:00 Water Aerobics* Pool 2:00 Senior Swim Pool 5:45 Water Fitness Class* Pool 7:15 Kung Fu* Rm 2		16 9:15 Chair Yoga* Rm 1 10:00 Bocce/Horseshoes Outside 10:00 Shuffleboard/Cornhole Gym 10:00 Water Arthritis Class* Pool 1:00 Movie “The Lorax” Rm 1 2:00 Swim Class - Beg.* Pool 3:00 Swim Class - Adv.* Pool 5:00 Table Tennis Rm 2 7:00 Summer Dance Gym		17 9:00 Fitness Members Class Rm 2 9:15 AHOY Gym 9:15 Water Zumba Pool 10:15 Fitness Swim Pool	
18			19 8:15 Water Aerobics* Pool 8:30 Fitness Members Class Rm 2 9:15 AHOY Gym 10:00 Water Arthritis Class* Pool 10:00 Honey Bee Helpers Rm 1 10:00 Pickleball Rm 2 2:00 Senior Swim Pool 5:00 Water Aerobics* Pool 5:00 T.O.P.S. Meeting Rm 1 6:15 Beginner Zumba! Gym		20 8:15 Water Aerobics* Pool 9:00 S.M.A.C. Rm 2 9:30 Bingo Rm 1 9:45 Senior Swim Pool 11:00 Water Aerobics* Pool 2:00 Senior Swim Pool 5:30 Fitness Members Class Rm 2 6:30 Line Dance Class - Beg. Gym 7:15 Kung Fu* Rm 2 7:40 Line Dance - Adv. Gym		21 8:15 Water Aerobics* Pool 8:30 Fitness Members Class Rm 2 9:15 AHOY Gym 10:00 Water Arthritis Class* Pool 10:00 Table Tennis Rm 2 11:15 Grasshoppers Game* Van 2:00 Senior Swim Pool 5:00 Water Aerobics* Pool 5:30 AHOY Boot Camp Gym		22 8:15 Water Aerobics* Pool 8:30 Fitness Members Class Rm 2 9:15 AHOY Gym 9:45 Senior Swim Pool 11:00 Water Aerobics* Pool 2:00 Senior Swim Pool 7:15 Kung Fu* Rm 2		23 9:15 Chair Yoga* Rm 1 10:00 Bocce/Horseshoes Outside 10:00 Shuffleboard/Cornhole Gym 2:00 Swim Class - Beg.* Pool 3:00 Swim Class - Adv.* Pool 5:00 Table Tennis Gym		24 9:00 Fitness Members Class Rm 2 9:15 AHOY Gym 9:15 Water Zumba Pool 10:15 Fitness Swim Pool	
25			26 8:15 Water Aerobics* Pool 8:30 Fitness Members Class Rm 2 9:15 AHOY Gym 10:00 Water Arthritis Class* Pool 10:00 Honey Bee Helpers Rm 1 10:00 Pickleball Rm 2 2:00 Senior Swim Pool 5:00 Water Aerobics* Pool 5:00 T.O.P.S. Meeting Rm 1 6:15 Beginner Zumba! Gym		27 8:15 Water Aerobics* Pool 9:00 S.M.A.C. Rm 2 9:45 Senior Swim Pool 11:00 Water Aerobics* Pool 2:00 Senior Swim Pool 5:30 Fitness Members Class Rm 2 5:45 Water Fitness Class* Pool 6:30 Line Dance Class - Beg. Gym 7:15 Kung Fu* Rm 2 7:40 Line Dance - Adv. Gym		28 8:15 Water Aerobics* Pool 8:30 Fitness Members Class Rm 2 9:15 AHOY Gym 10:00 Water Arthritis Class* Pool 10:00 Table Tennis Rm 2 2:00 Senior Swim Pool 5:00 Water Aerobics* Pool 5:30 AHOY Boot Camp Gym		29 8:15 Water Aerobics* Pool 8:30 Fitness Members Class Rm 2 9:15 AHOY Gym 9:45 Senior Swim Pool 11:00 Bingo Lunch* Rm 1 11:00 Water Aerobics* Pool 2:00 Senior Swim Pool 5:45 Water Fitness Class* Pool 7:15 Kung Fu* Rm 2		30 9:15 Chair Yoga* Rm 1 10:00 Bocce/Horseshoes Outside 10:00 Shuffleboard/Cornhole Gym 10:00 Water Arthritis Class* Pool 5:00 Table Tennis Gym		31 9:00 Fitness Members Class Rm 2 9:15 AHOY Gym	